



Parish Communion Lent





Study of a Wood Interior

Asher Durand, 1850

Collection of the Addison Gallery of American Art, Andover, Massachusetts

Before turning to painting, Asher Durand developed masterful skill as a draftsman by apprenticing as a silversmith and training as an engraver. His engravings of George Washington and Benjamin Franklin, completed for the bank notes of the young United States, also appeared as the portraits on the first issue of American postage stamps in the 1840s.

Durand was a member of the Hudson River School, a group of painters spanning two generations who produced work between roughly 1825 and 1875 (its best known exponent was Thomas Cole, an English immigrant). By the standards of the era, these artists travelled extraordinary distances to capture generally untouched landscapes, initially 200 miles or more up the Hudson from New York City to the Adirondack Mountains and later far further to the vast Western frontier. Many were Christians and saw the continent's landscape as an ineffable manifestation of God - too great for words and of almost indescribable beauty as creation - and they usually produced monumental paintings of sweeping, majestic scenes.

This image is clearly an exception, in its concentration on a closely defined space and an unremarkable, easily overlooked scene, one that could be found in thousands of places across dense woodland. Yet Durand at once gave it dignity - by applying his superb artistic and observational talents to painting it - and depicted it truthfully and unsparingly. In this season of Lent, as we ponder Jesus' preparation for the cross and his sacrifice of his life to give us new life, we can be reassured that we are valued and accepted by the God who numbers every hair on our head (Luke 12:7) just as we are, however broken, weary or forgotten we may feel.

The forty days of Lent mirror the length of time Jesus spent in the wilderness being tested and tempted; the season also occurs during a dormant phase in the natural cycle when decay predominates. We see evidence of decomposition and dislocation in this image, yet - as our eye is drawn skyward - also of light starting to break through the shadows and of emerging new foliage. Through God's powers of renewal, spiritually our own fresh growth can be drawn similarly from the detritus of our lives, freely and fully forgiven and redeemed by an endlessly loving Saviour. We can trust in God's promise in Isaiah that '...I am doing a new thing!...I am making a way in the wilderness and streams in the wasteland' (Isaiah 43:19).

The minister greets the people

The Greeting

The Lord be with you
and also with you.

Hymn

Please sit

Prayers of Penitence

The minister uses this invitation

The sacrifice of God is a broken spirit
A broken and contrite heart God will not despise
Let us come to the Lord, who is full of compassion
And acknowledge our transgressions in penitence and
faith

**Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry
and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us,
forgive us all that is past
and grant that we may serve you in newness of life
to the glory of your name.
Amen.**

The minister says

Almighty God,
who forgives all who truly repent,
have mercy upon you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in life eternal;
through Jesus Christ our Lord.

Amen.

Please sit

The Collect

*We say together the collect on the front page of
Church Matters*

The First Reading

At the end the reader says

This is the word of the Lord.

Thanks be to God.

Please stand

Hymn

Gospel Reading

When the Gospel is announced the reader says
Hear the Gospel of our Lord Jesus Christ according
to N.

Glory to you, O Lord.

At the end

This is the Gospel of the Lord.

Praise to you, O Christ.

Please sit when invited to do so

Sermon

Please stand

The Apostles' Creed

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.
Amen.**

Please sit

Prayers of Intercession

After each prayer:

Lord, in your mercy
Hear our prayer.

At the end we say

Merciful Father,
**Accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.**

Please stand

The Peace

Since we are justified by faith
We have peace with God through our Lord Jesus Christ
Who has given us access to his grace

The peace of the Lord be always with you
And also with you.

Let us offer one another a sign of peace.
All may exchange a sign of peace.

Hymn

During which the collection will be taken

Preparation of the Table

*The bread and wine are brought up to the table as the
hymn starts*

The Bread and Wine are placed on the table

The collection is presented

Please remain standing

The Eucharistic Prayer

The minister says

The Lord be with you

and also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give thanks and praise.

And now we give you thanks

Because you give us the spirit of discipline

That we may triumph over evil and grow in grace

As we prepare to celebrate the paschal mystery

With mind and heart renewed

All sing the Sanctus

Holy, holy, holy Lord,

God of power and God of might,

Heaven and earth are full of your glory.

Hosanna in the highest;

Hosanna, hosanna,

hosanna in the highest;

Hosanna, hosanna,

hosanna in the highest.

Blessed is he, blessed is he,

Blessed is he, who comes in the name,

He who comes in the name of the Lord.

Hosanna in the highest,

Hosanna, hosanna,

Hosanna in the highest

Hosanna, hosanna,

Hosanna in the highest.

How wonderful the work of your hands, O Lord.
As a mother tenderly gathers her children,
you embraced a people as your own.
When they turned away and rebelled
your love remained steadfast.
From them you raised up Jesus our Saviour, born of
Mary, to be the living bread,
in whom all our hungers are satisfied.
He offered his life for sinners,
and with a love stronger than death
he opened wide his arms on the cross.

On the night before he died,
he came to supper with his friends
and, taking bread, he gave you thanks.
He broke it and gave it to them, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

At the end of supper, taking the cup of wine,
he gave you thanks, and said:
Drink this, all of you; this is my blood of the new
covenant, which is shed for you and for many for the
forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.

Great is the mystery of faith:

Christ has died:
Christ is risen:
Christ will come again.

Father, we plead with confidence
his sacrifice made once for all upon the cross;
we remember his dying and rising in glory,
and we rejoice that he intercedes for us at your
right hand.

Pour out your Holy Spirit as we bring before you
these gifts of your creation;
may they be for us the body and blood of your dear Son.

As we eat and drink these holy things in your presence,
form us in the likeness of Christ,
and build us into a living temple to your glory.

Bring us at the last with all the saints
to the vision of that eternal splendour
for which you have created us;
through Jesus Christ, our Lord,
by whom, with whom, and in whom,
with all who stand before you in earth and heaven,
we worship you, Father almighty, in songs of
everlasting praise:

**Blessing and honour and glory and power
be yours for ever and ever.
Amen.**

The Lord's Prayer

Please sit

Let us pray with confidence as our Saviour has taught us

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.**

Breaking of the Bread

The minister breaks the consecrated bread.

We break this bread
to share in the body of Christ.
**Though we are many, we are one body,
because we all share in one bread.**

Giving of Communion

Draw near with faith.
Receive the body of our Lord Jesus Christ
which he gave for you,
and his blood which he shed for you.
Eat and drink
in remembrance that he died for you,
and feed on him in your hearts
by faith with thanksgiving.

*Those requiring gluten free bread, please come to the
communion rail now*

**We do not presume
to come to this your table, merciful Lord,
trusting in our own righteousness,
but in your manifold and great mercies.
We are not worthy
so much as to gather up the crumbs under
your table.
But you are the same Lord
whose nature is always to have mercy.
Grant us therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ
and to drink his blood,
that our sinful bodies may be made clean by
his body,
and our souls washed through his most
precious blood,
and that we may evermore dwell in him,
and he in us.
Amen**

The minister and people receive communion.

Anyone who is baptised and worships at a church that recognises the Holy Trinity, at which they are permitted to take communion, and are in good standing with their own Church, may receive it here.

To receive a blessing, please bring up your service sheet.

Prayer after Communion

**Almighty God,
we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out in the power of your Spirit
to live and work to your praise and glory.
Amen.**

The Notices, Banns and Ark Presentation

Hymn

Blessing

Christ give you grace to grow in holiness,
To deny yourselves, take up your cross, and follow him
And the blessing of God almighty, the Father, the Son,
and the Holy Spirit, be among you and remain with you
always. **Amen.**

Dismissal

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

*Refreshments are now served. Please do stay to meet
your fellow worshippers.*

The Alternative Spoken Sanctus

**Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**



This booklet is for use in the Parish of Itchen Valley, which comprises the churches of St Mary's Avington, St John the Baptist Itchen Abbas, St Mary's Easton and St Swithun's Martyr Worthy

Material for this service booklet is taken from Common Worship: CHP Copyright to the Archbishop's Council 2000